



BOBCAT BITS

Special points of interest:

- Academic All State
- Fluoride Treatment
- Mr. Kluver
- Mr. Arneson
- 3rd Quarter Elementary Honor Roll
- 3rd Quarter High School Honor Roll
- Counselor's Corner
- Family Fun Festival
- Famous Nebraska Night
- After Prom Party
- Hypnotist
- Severe Weather Contest Winner
- Spelling Bee
- Science Fair
- PE News
- Hemingford Community Foundation
- FFA News
- Bus Drop off
- Body Shop
- Head Lice
- Camp You
- School Calendar 2018-2019
- Menus
- Activity Calendar

Academic All-State

Congratulations to the Following Academic All-State Recipients:

Boys Basketball: Luke Cullan & Casey Lashley

Girls Basketball: Lauren Gasseling & Kelli Horstman

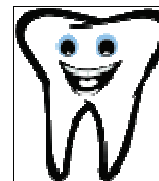
Speech: Becca Hanson & Emily Knot

Wrestling: Isaiah Bryner & Carter Buchheit



Nurse Amber – Notes

Kendra Lauruhn will be returning on April 16th to provide fluoride varnish to pre-schoolers who turned in a permission form at the start of the school year as well as dental sealants to those pre-k~6 who turned in a form. If you have any questions about the treatments please contact Nurse Amber at [308-487-7425](tel:308-487-7425).



Mr. Kluver-High School Principal



As I sit in my office and reflect on the three quarters of school year that have gone by, I ponder where did the time go? I have thoroughly enjoyed being your high school principal and I can't thank all of you enough for this opportunity. There have been many progressive changes that have occurred this year. Mr. Arneson and I have many more that we want to implement. We ask that everyone that has ideas, suggestions, thoughts, or feelings about our school, please share them with us.

The calendar and schedule for classes have been finalized and student schedules are starting to be developed. I am hoping to send students home in May with at least a

tentative schedule. Stay tuned.

Attendance is vital this time of year; please be mindful while scheduling appointments and extra activities for your students during the school day. It is also helpful and appreciated if a call to the high school office is made BEFORE the scheduled absence of your student(s). It will save you time if the office has been notified prior to your arrival for pick up.

State testing is on the forefront in April and May with ACT for ALL JUNIORS on April 10th, 2018. The students will be testing in the East (Big) Gym in the morning. Juniors that are testing will be released for the day following lunch which will be provided for them in the Gym. State mandated testing, (NSCAS - Nebraska Student-Centered Assessment System) for grades 7-8 will be done within their subject matter classes such as Math during Math, English during English, etc. Teachers are scheduling these during the weeks of April 9-13 and April 16-20. Please check teacher lesson plans for specific dates of testing. It is really important that students get adequate rest, eat a healthy breakfast to get the brain going, and attend school on those days. Parents/guardians we could use your help with this.

Spring sports have also begun with Track and Golf. Please remind your students that they know when they are going to be missing classes, that it is their responsibility to get missing work done ahead of time when possible and turned in as soon as they return. The spring semester is one of the toughest ones to stay focused, not only for students, but teachers as well. We all have to work hard to finish out the year right.

Regular Scheduled Day		Friday / 2:00 Dismissal	
7:45 - 8:00 SST		7:45 - 8:00 SST	
8:05 - 8:56	1st Period	8:05-8:43	1st Period
8:59 - 9:50	2nd Period	8:46-9:24	2nd Period
9:53 - 10:44	3rd Period	9:27-10:05	3rd Period
10:47 - 11:38	4th Period	10:08-10:46	4th Period
11:38 - 12:08	JH Lunch	10:49-11:27	5th Period
11:41 - 12:32	HS 5th Period	11:30-12:08	HS 6th Period
12:11 - 1:02	JH 5th Period	11:27-11:57	JH Lunch
12:32 - 1:02	HS Lunch	12:00-12:38	JH 6th Period
1:05 - 1:56	6th Period	12:00-12:38	HS Lunch
1:59 - 2:50	7th Period	12:41-1:19	7th Period
2:53 - 3:44	8th Period	1:22-2:00	8th Period
3:44 - 4:00 SST		No Evening SST	

Mr. Arneson-Elementary Principal

Our school year has flown by once again and April is upon us. The grass is turning green and the trees will soon follow. Even though we have a month and a half left of this school year, my attention starts to turn to the next.

For those with eligible students, our Kindergarten Round-up will be held on April 5th at 5:30 in the school cafeteria. This is a great time to make sure all your paperwork and forms are completed and a chance to meet the Kindergarten teachers.

The daily schedule at Hemingford Public Schools will be changing a little bit next year. The Elementary school day is going to start at the same time it did this year, 8:20. That way the younger students will still have time for breakfast and time for recess before the day begins. However, dismissal time will be a little bit later at 3:34. This will give the students time for more educational opportunities during the school day. The slightly longer day will allow the elementary students to attend an art class once a week with Mrs. Churchill. One other change is that every Friday will be a 2:00 dismissal. This will give time for teachers to have some additional in-service time once a month while also giving some flexibility for those that would like to travel to watch our students compete in different sporting events.

April is also the month for state testing. Third through Sixth grade will take the NSCAS (Nebraska Student Centered Assessment System) test in the middle of April. Each teacher will be administering the test in their own classroom, so if you are interested on your child's testing schedule, please contact their teacher. This is not a test you can study for, but there are some things you can do to help your child do the best they can. It starts with a great night of sleep the day before. Turning off the electronics an hour before bed will help children fall asleep and have a more restful night. The morning of the assessment, help the students get a great breakfast. The school breakfast program is a great opportunity for those students who don't have time to have breakfast before they get on the bus in the morning.

One other safety related concern. Please use the crosswalk at drop off and dismissal times. There have been a few instances of students running between the parked cars across the highway. We have staff members on duty to help students and adults across the street because we don't want anyone to get hit.

Mr. Eric Arneson



3rd Quarter Honor Roll-Elementary

Quarter 3 Elementary Honor Roll		
Benda, Aiden W.E.	6	Distinguished List
Meek, Madisen L	6	Distinguished List
Bell, Gavin James	5	Distinguished List
Jespersen, Kyra Lynn	5	Distinguished List
Meyring, Seth Oliver	5	Distinguished List
Soto, Anjelina Lidia	5	Distinguished List
Bryner, Jacob Lee	4	Distinguished List
Haas, Tayten L	4	Distinguished List
Kluver Jr., Daniel Scott	4	Distinguished List
Gomez, Isabell D	6	Honors List
Keane, Jaxon D	6	Honors List
Kresl, Carlye Ann	6	Honors List
Specht, Breana Dale	6	Honors List
Galles, Cody Joe	5	Honors List
Radspinner, Madelyn Kather	5	Honors List
Rutkowski, Abigail Grace	5	Honors List
Bixby, Layne O'Ryan	4	Honors List
Horstman, Dakota Gaylene	4	Honors List
Hruby, Sophia Brenda	4	Honors List
Kumpf, Kylie Maurine	4	Honors List
Lilley-Gitch, Grace Olivia	4	Honors List
Meek, Allisen Joan	4	Honors List
Olsen, Evah Nicole	4	Honors List
Peterson, Cayden Andrew	4	Honors List
Ragsdale, Ryan James	4	Honors List
Schumacher, Brenna Elyse	4	Honors List
Wright, Parker Declan	4	Honors List
Distinguished--all A's		
Honors--all A's or B's @ least 90%		

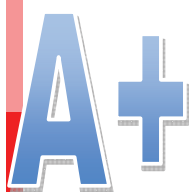
WAY TO GO!!



3rd Quarter-High School Honor Roll



Distinguished - 2017-2018 Q3		
Student Name	Grade Level	Level
Wyland, Hunter J	7	Distinguished List
Specht, Ethan C	8	Distinguished List
Hanson, Danea J	9	Distinguished List
Knote, Sara C	9	Distinguished List
Meyring, Jayce L	9	Distinguished List
Neeffe, Alex N	9	Distinguished List
Wyland, Kenneth T	9	Distinguished List
Hanson, Rebecca J	10	Distinguished List
Gasseling, Lauren J	11	Distinguished List
Mutchie, Ashley R	11	Distinguished List
Stewart, Josie J	11	Distinguished List
Horstman, Kelli M	12	Distinguished List
Bryner, Catherine M	7	Honors List
Hunter, Taren R	7	Honors List
Meyring, Jayda A	7	Honors List
Rathjen, Cody A	7	Honors List
Stallings, Arielle A	7	Honors List
Wright, Rylie B	7	Honors List
Hanson, Destiny R	8	Honors List
McConville, Daren W	8	Honors List
Radspinner, Sarina M	8	Honors List
Sanders, Gabriel R	8	Honors List
Turek, Alysén K	8	Honors List
Jespersen, Rayne J	9	Honors List
Nelson, Landrie S	9	Honors List
Payne, Jack A	9	Honors List
Swanson, Tatum E	9	Honors List
Varner, Katelyn N	9	Honors List
Anglesey, Melissa A	10	Honors List
Buchheit, Carter S	10	Honors List
Fritzler, Kaitlyn M	10	Honors List
Jespersen, Storm J	10	Honors List
Knote, Emily R	10	Honors List
Moss, Maggie C	10	Honors List
Plog, Alexander M	10	Honors List
Carlson, Lilyanne F	11	Honors List
Coryell, Kobe J	11	Honors List
Cullan, Luke C	11	Honors List
Lashley, Casey M	11	Honors List
Buchheit, Macee M	12	Honors List



COUNSELOR'S

ORN ER

Seniors ... its decision time!

Attention seniors: Now that you have been accepted by the colleges that you have applied to, it's time to make the big college decision and determine where you'll spend the next 4-5 years of your life!

As you make your decision, have a heart-to-heart talk with your parents to make sure you pick your college for the right reasons, not because it's where your friends - or your girlfriend or boyfriend - are going. Talk about:

Location. Is the college too close? If you come home every weekend, you won't experience true campus life. Is the college too far away? If travel costs are prohibitive, you may not make it home as often as you'd like.

Cost. Can your family afford the school? What can you expect for financial aid beyond the freshman year? Did you receive renewable scholarships?

Academic program. Does the college offer the program that interests you? What happens if you change majors—does the college offer other programs of interest?

Juniors – Juniors need to attend the different college representatives meetings that are being held in the counselor's office. Are you asking the college representatives about the high school requirements that the college expects you to have to get into their college? Are you thinking about the classes you will need to register for next year?

The next test date for the ACT is April 14. Registration date was March 9.

If your child wants to take the ACT in the summer they need to be registered by May 4. Test date is June 9. It is only given one time during the summer.

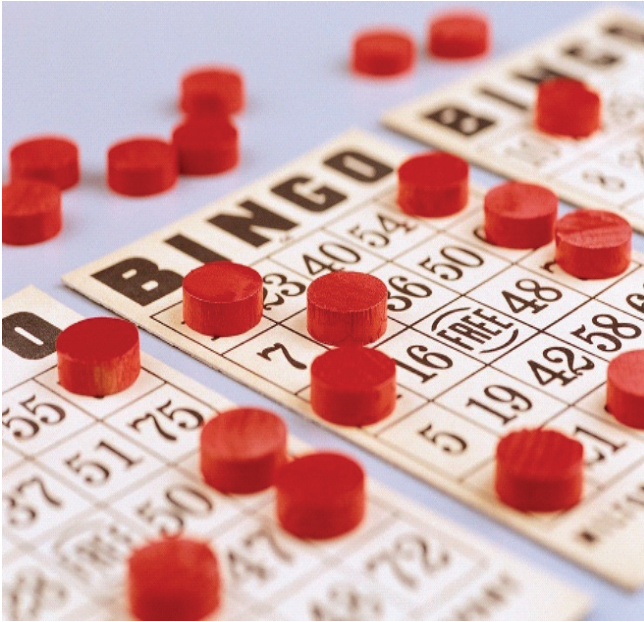
I will be working with the 3 – 6 graders during the month of April. In the 3rd, 4th, and 5th grade we will be working on problem solving. 6th grade will be a combination of making right choices for themselves and registering for classes for the next school year.

Kindergarten roundup is April 5th. I am looking forward to meeting all the new smiling faces.

How many parents battle with their child about getting them up to go to school? What if there is a way to work on this problem? Would you be interested in finding out more? If you are interested, call me at 308-487-3328.

*If a child lives with approval, he learns to live with himself.
Dorothy Law Nolte*

Family Fun Festival



Family Fun Festival will be held on Thursday, April 26, 2018, in the High School Gym from 5:00 p.m.- 8:00 p.m.. This is the annual fund raiser for the sixth grade field trip to South Dakota and the sixth grade will also be donating some of the proceeds to local charities.

Plan for a night of fun including bingo and a tattoo station.

A sloppy joe or beefy nacho meal will also be available for \$5.00.

If for some reason we have to postpone Family Fun Night our Alternate Date is Tuesday, May 1st.



Famous Nebraskan Night

Come and support the 4th graders as they present their speeches on their famous Nebraskans. Learn about Larry the Cable Guy, Tom Osborn, Mari Sandoz, Red Cloud and much more. Also featured will be Darrel Draper portraying J. Sterling Morton. Refreshments and treats will be provided. It will be a night you won't want to miss.

When? Monday, April 16th

Where? St. Bridget's Hall

Time? 5:30– 7:30



Hemingford High School

After Prom Party 2018

We are preparing for our chemical free after prom party for 2018! It begins 30 minutes after prom and ends at 3:30 a.m. It has been a great success each year and is open to HHS students' grades 10-12 and their dates.

We do our best to provide them with fun activities, yummy food, great prizes and entertainment.

None of this would be possible without the support we receive from our community! We have many parents and community members who volunteer their time planning, setting up, sponsoring the night, tearing down, and cleaning up. There are many generous businesses and individuals who donate! In the past we have been able to give away cash prizes, TVs, cameras, luggage, gift cards, t-shirts, blankets and many other great prizes!

This year we are asking you to consider making a donation to this event. Prom will be held on

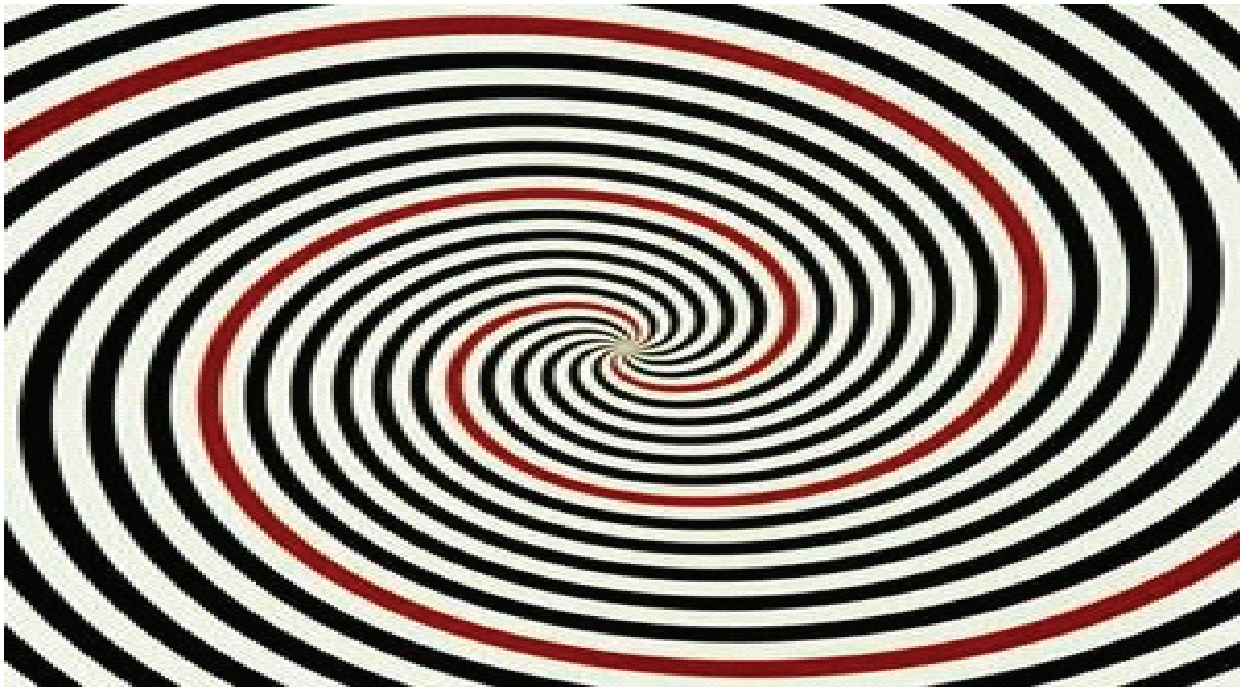
Saturday April 21, 2018. You may donate items or make a monetary donation! If you would like someone to stop by and pick up your donation, please call either of the numbers below. If you will be making a monetary donation, we ask that you mail it or drop it off at the **Hemingford Community Federal Credit Union at PO BOX 991 Hemingford, NE 69348.** Checks can be made to **Hemingford Post Prom.**

THANK YOU for making this event possible for our students!!

HHS 2018 After Prom Committee

Amy Ragsdale
308-760-2722

Valery Bell
308-760-1405



Hypnotist Jeff Martin

Adults Only Show -- must be 21

The Body Shop, 703 Box Butte Avenue, Hemingford

April 21, 2018 -- Doors will open at 7:00 p.m.

Show starting at 9:00 or 9:30 (Following the Prom Grand March)

\$10.00 -- Presale Tickets Available for Purchase from:

Hemingford Community Federal Credit Union

Janelle Visser 760.7083

Rebecca Thompson 760.3456

Valery Bell 760.1405

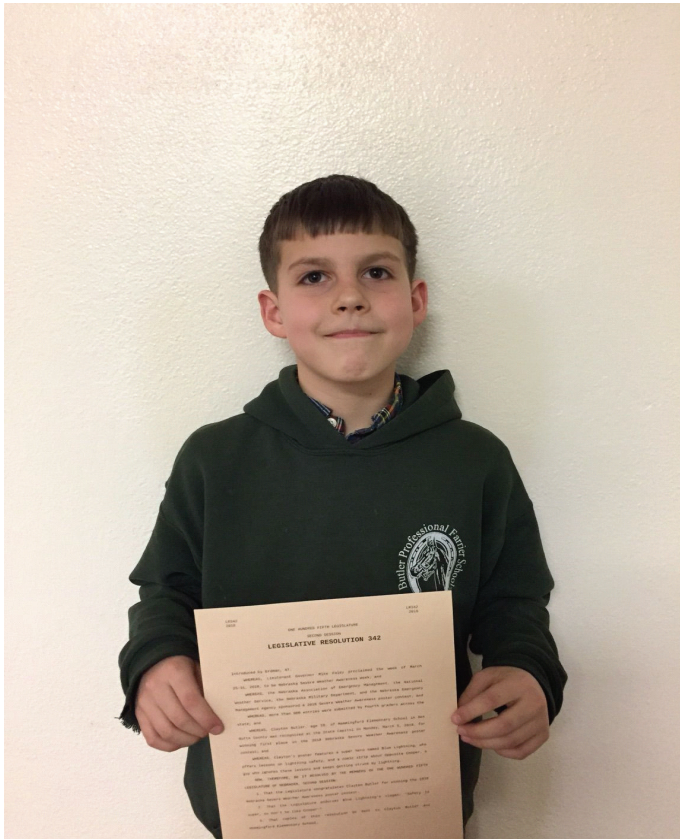
Amy Ragsdale 760.2722

(All ticket proceeds go to After Prom & The Body Shop)

SEVERE WEATHER CONTEST WINNER

~Mrs. Osmotherly

The spring is a time for severe weather. To help people prepare for these dangerous storms the Nebraska Association of Emergency Management (NAEM), the National



Weather Service (NWS), the Nebraska Military Department and the Nebraska Emergency Management Agency (NEMA) created the Severe Weather Awareness Poster Contest. This contest was open to all 4th graders in Nebraska. Posters were sent to the County emergency managers who submitted their top three posters from their counties for judging at the state level.

Over 900 entries were collected. The very creative and artistic Clayton Butler won the contest and received 1st place in the state. He was awarded a monetary gift card and an official recognition award from Governor Pete Ricketts.

His poster featured Blue Lightning, a super hero who teaches about safety, as well as, a comic strip about Opposite Cooper, a guy who doesn't care about safety and keeps getting

struck by lightning because he doesn't follow safe practices during lightning storms. Blue Lightning says: "Safety is super, so don't be like Cooper!"

Congratulations Clayton!



AN INCREDIBLE ADVENTURE – OMAHA NEBRASKA STATE SPELLING BEE



My dream came true when they announced I, Arielle Stallings, was the winner of the Box Butte County Spelling Bee on January 24, 2018. Next step was the Nebraska State Omaha Spelling Bee only six weeks away. Studying for the local spelling bees consisted of writing each word three times so I would remember as I heard the word.

Preparing for State was a different story all together. I was given 14 double-sided pages of words consisting of; German, Latin, French, Arabic, Dutch, Old English, New World, Asian, Eponyms, Slavic, Spanish, Italian, Greek, Japanese.

Additionally, I had to know Homonyms often misused, commonly confused words and frequently misspelled words. There were words that my grandparents couldn't pronounce let alone spell. I found a computer program that pronounced the word then I would write. I even used my Echo/Alexa for pronunciation. I studied several hours a night, after homework and weekends. I literally lived studying words for 6 weeks. I am so thankful for my English teacher, Mrs. Smaha, who would work with me after school twice a week.

The stress got to me with severe migraine headaches, but I wasn't going to stop. I love Spelling and couldn't wait to get to State.

March 17, 2018, I walked into the Omaha Public Administration building's incredible historic auditorium. There were 25 tables, seating three per table, lined up on the stage facing the audience. My heart was beating so fast, but I knew that all the contestants that came had the same feeling. There were 71 kids from Nebraska and 2 from Iowa which included several past contestants and the previous years' winner who sat next to me which made it difficult.



The Spelling Bee started with the announciator saying the words repeating several times using a sentence with the word and definition. Two practice rounds were given to help you calm down and understand the process. If you didn't know or understand the word, you left that line blank so you could ask for a repeat at the end. We were not allowed to correct or add any letters once written on the paper. First round (consisted of 10 words) – eliminated 25; second round eliminated 37. Unfortunately, I was eliminated in round two. The remaining 11 moved for the finals.

I am very proud of myself for my accomplishments and having this incredible opportunity to represent Box Butte County. Now that I know the process and what to expect, I won't stress too much and I hope to be back next year to represent Box Butte County once again.

Science Fair

Seven students from Hemingford attended the Panhandle Regional Science Fair in Scottsbluff on Tuesday, March 6th, 2018. Jacobi Stumpff took first place in the senior high division with her project on Eustrus Synchronization in Ewes. Destiny Hanson earned third place in the junior high division with her project of Which Burns Faster? Angel Palmer and Isabell Gomez presented their project on Melting Ice, Sarina Radspinner presented a project her project Effects of Seismic Waves on Buildings, and Aiden Benda presented his project Wind Turbines.



Left to Right: Angel Palmer, Aiden Benda, Isabell Gomez, Jacobi Stumpff, Destiny Hansen, Sarina Radspinner.

PE News– Coach K

Parents & Guardians,

This year we will be doing the traditional Elementary Field Day different than in years past.

On Wednesday, May 16, we will be conducting an Elementary Track Meet for grades 3-6. Each student will participate in 3 events. The Elementary Track Meet will take place on the practice football field, Bobcat football field, and the track surrounding the practice football field.

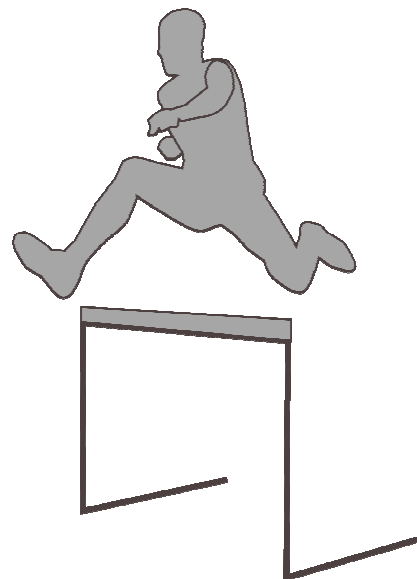
On Thursday, May 17, in the afternoon we will be conducting outdoor activities for grades K-2. These activities will take place out back on the playground area. Students will be participating in large group activities that we do not normally do in PE class.

On Friday, May 18, we will be conducting the 2nd Annual Staff vs. 6th Grade Kickball game. Last year's game came down to the wire, with an exciting coin toss victory for the 6th graders. The game will take place in the morning.

Parents and Guardians are welcome to come watch and support the students. Look for more information, details, and times in the May newsletter!

Coach K

Elementary PE Teacher



HEMINGFORD COMMUNITY FOUNDATION

AN AFFILIATE FUND OF THE OREGON TRAIL COMMUNITY FOUNDATION



Mission: The Hemingford Community Foundation serves the residents of Hemingford and the surrounding area by identifying and supporting the people, organizations, and projects that make Hemingford a great place to live, learn, work, and play.

What we are working on currently:

- Branding and Awareness
- Logistical and Functional Aspects
- Grant and local funds to provide by 2019

The Hemingford Community Foundation provides a backbone structure to allow local not-for-profit organizations and initiatives access to grant funds through non-profit status.

People interested in creating a legacy for community betterment can donate to the foundation and will see their hard work and financial resources invested locally through tangible community projects.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

- Margaret Mead



What current not-for-profit organizations stand to benefit:

- Hemingford Boosters
- Hemingford Alumni Association
- Bobcats Beating Cancer
- Hemingford Diorama
- The Body Shop
- Hemingford Annual Holiday Play

Do you know of other organizations that may benefit from this structure? Please have them contact us for more information.

Lori Danner
dannars@bbc.net

Jessica Davies
jdavies@pphd.org

April Delsing,
aprilelsing@yahoo.com

Joni Jespersen
jj@bbc.net

Tonya Mayer
tonya@bbc.net

Tabi Prochazka
tprochazka@pphd.org

Hemingford Community Foundation | P O Box 283 | Hemingford, NE 68348

FFA DISTRICT CHAMPIONS AGAIN!

Meyring and Jespersen are Individual Champions !



On March 7th the Hemingford FFA traveled to Kimball to compete in the last round of the district 12 Career Development Event competitions before the state competition in Lincoln in April. Our students competed in the senior livestock selection and Agronomy contests.

The senior livestock selection team consisting of Jayce Meyring, Jack Payne, Miles Davis, Jake Sellman and Nevis Swires placed first with Jayce Meyring winning the individual district champion and Jack Payne coming in as the runner up. Miles Davis placed with a blue ribbon and Jake Sellman and Nevin Swires received white ribbons.

The Agronomy team consisting of Storm Jespersen, Luke Cullan, Brian Turek and Dali DeToro placed third with Storm Jespersen winning the individual district champion and Luke Cullan placing fourth followed by Brian Turek and Anna Manning receiving white ribbons.

Special thanks go out to Shauna Meyring for her work coaching the Senior Livestock Selection to the district championship!





FFA Oyster Feed Night Moved

The annual FFA Chapter Fish Fry and Oyster Feed scheduled for March 23rd has been changed to Friday, April 13th at 7:00 P.M.

Please come to the Fairgrounds Multi-Purpose hall for great food a member auction, and the chance to win a car!

Parents,

Please drop your children off in front of the school. The back of the school is for bus drop off only!!!

They can walk to the back playground area after they are dropped off.



Western Trails All-Conference

Wrestling: Jaydon Walker, Carter Buchheit, Jake Sellman, Cade Payne

Girls Basketball First Team: Lauren Gasseling, Honorable Mention: Anna Manning & Kelli Horstman

Boys Basketball First Team: Casey Lashley, Honorable Mention : Miles Davis, Aaron Farritor



Hemingford Public Schools

2018-2019 School Year

Adopted 2/12/2018

August 2018

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

First Semester

Aug 6	Fall Sports Practice Begins
Aug 14-15	Beginning of School Teacher Work Days
Aug 16	First Day for Students - 1:00PM Dismissal
Aug 17	Second Day for Students - 1:00PM Dismissal
Aug 20	Regular Class Schedule Begins
Sept 3	NO SCHOOL - Labor Day Weekend
Oct 16	End of First Quarter -43 Days

January 2019

S	M	T	W	T	F	S
						5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2018

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Oct 24	NO SCHOOL Teacher in-service 8:30-12:00
Oct 24	Parent/Teacher Conferences 2:00-8:00PM
Oct 25-26	NO SCHOOL - Fall Break
Nov 21-23	NO SCHOOL - Thanksgiving Break
Dec 21	End of 2Q -42 Days & 1st Sem-85 Days

February 2019

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

October 2018

S	M	T	W	T	F	S
						6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Second Semester

Dec 22-Jan 6	NO SCHOOL - Christmas Break
Jan 7	School Resumes
Feb 15	NO SCHOOL - Mid-Winter Break
Feb 18	NO SCHOOL - Teacher In-service -- All Day
Mar 8	End of Third Quarter - 43 Days

March 2019

S	M	T	W	T	F	S
						1 2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2018

S	M	T	W	T	F	S
					1	2 3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Mar 13	NO SCHOOL Teacher in-service 8:30-12:00
Mar 13	Parent/Teacher Conferences 2:00-8:00
Mar 14-15	NO SCHOOL - Spring Break
April 19-22	NO SCHOOL - Easter Break
May 11	Graduation 2:00 PM
May 21	Last day of school-Ddismiss 11:30 AM
May 21	Teacher Work Day 11:30 - 3:00 PM
May 21	End of 4Q - 47 Days & 2nd Sem - 90 Days
May 22	Teacher Work Day -- All Day

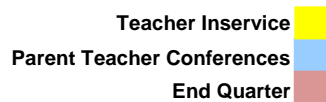
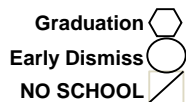
April 2019

S	M	T	W	T	F	S
						6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2018

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

175 Total Student Days 183 Scheduled Teacher Days



May 2019

S	M	T	W	T	F	S
						4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



Serving Nebraska, Idaho, American Samoa, and Federated States of Micronesia

Nebraska Regional Poison Center Celebrates 56th Annual National Poison Prevention Week

The Nebraska Regional Poison Center (NRPC) will unite with the nation's other 54 poison centers to celebrate the 56th Annual National Poison Prevention Week on March 18-24, 2018, a week dedicated to raising awareness about poisoning in the U.S. and highlighting ways to prevent it.

Each year U.S. poison centers receive nearly three million poisoning exposure calls. The NRPC manages close to 40,000 calls annually. Of those calls, more than half involve children 5 years of age and under but the most serious exposures involve adults. Most poisoning deaths are due to misuse and abuse of drugs but poisoning exposures can involve a vast array of substances such as household cleaning products, personal care products, chemicals, bites and stings, pesticides, plants, gasses and batteries. For example, each year more than 2,800 children are treated in emergency rooms after swallowing button batteries. That's one child every three hours.

Small children are explorers and they learn by touch and by putting things into their mouths. According to Safe Kids Worldwide nearly 9 in 10 parents agree that it's important to store medicine up high and out of reach of children after every use, but nearly 7 in 10 report that they aren't actually doing so. Poisonings are the leading cause of unintentional deaths in the U.S.

There are actions that we can all take to reduce these numbers. Here are just a few:

- Save the Poison Center number in your phone as a contact: 1-800-222-1222
- Be sure to read and follow medicine labels every time.
- Never share your medicine with others or use someone else's medicine.
- Remember to always use the dosing device that comes with the medicine.
- Take only one medicine at a time with the same active ingredient.
- Store all medicines up and away and out of reach and sight of children.
- Teach children to only take medicines with the permission and guidance from a parent or trusted adult.
- Install and maintain carbon monoxide detectors in your home.
- Be aware of where the disc batteries are in your home. They may be found in remote controls, key fobs, watches and toys. Keep batteries away from children!
- Make sure all cleaning materials, including laundry packets, are stored in original containers and up and out of sight of children.
- It is important to get rid of old and unused medicines as soon as you don't need them anymore. There are pharmacies that take back medications all year round. Call us and we will help you locate the one nearest to you.
- **Text "poison" to 797979 to save the contact information for poison control in your smartphone.**

Are you a woman 40-75 years of age?

Panhandle Public Health District and The Body Shop have partnered together to offer you a free punch card and health coaching.



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Contact Cheri Farris, Community Health Educator with Panhandle Public Health District today to sign up. Email: cfarris@pphd.org, office: 308-262-2217, or cell: 308-220-8020.

Who is eligible:

- Women ages 40-75, who want to be more intentional about making health choices.

What we will provide:

- Punch card to the Body Shop.
- 3 free health coaching session over the phone with a certified health and wellness coach.
- Guidance in setting healthy goals and support to achieve them.

Our Ask:

- Do your best to reach your goals. Persistence is the key to success.
- Let your coach know if you have any problems or barriers so we can be of assistance.

Camp You Can



FOR KIDS

WITH EPILEPSY



Who: CHILDREN AGES 7 – 17 WITH EPILEPSY

When: THURSDAY, JUNE 7 @ 4:00 P.M.
TO SUNDAY, JUNE 10 @ 11:00 A.M.

Where: EASTERN NEBRASKA 4-H CENTER
(LOCATED AT 21520 WEST HWY 31, GRETNA, NE)

Fee: \$150 PER CAMPER BEFORE MAY 1, 2018

**Boating ★ Fishing ★ Archery ★ Games
Arts & Crafts ★ Zip Line ★ Ropes Course**

MEET & DEVELOP


RELATIONSHIPS

WITH KIDS

WITH EPILEPSY

TO REGISTER ONLINE:
MidwestYouCan.org

FOR QUESTIONS OR MORE INFORMATION, CONTACT:
Meg and Kael Busing
(402) 770-3936 ★ (402) 210-2131
info@midwestyoucan.org



MIDWEST
YOU CAN
FOUNDATION

Join the Movement in Hemingford

Wednesdays 5p-6p
Panhandle Public Health District
Must join by April 4th

Contact Lifestyle Coach: Janelle Visser
308-487-3600 ext 105 | jvisser@pphd.org

This program is offered at no cost to participants.

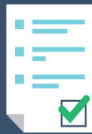


my reason
GRANDKIDS

LIFESTYLE CHANGE PROGRAM



A trained
lifestyle
coach



CDC-approved
curriculum



Group
support



16 weekly
meetings with
monthly follow-up

You will learn to make
achievable and realistic
lifestyle changes



Eat healthy



Incorporate
physical activity
into daily routine



Manage stress



Solve problems
that get in the way
of healthy changes

Are you ready to join the movement?

Be a healthier version of yourself? Increase your energy?

8,900 pounds lost in
Panhandle lifestyle change program

**30 Husker defensive linemen =
8,900 pounds**

Join the Movement



NATIONAL
Diabetes
PREVENTION
PROGRAM
Nebraska Panhandle
Proudly part of
Panhandle Public Health District

Panhandle

Public Health District

REFERENCES

Centers for Disease Control and Prevention. National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2017. Atlanta, GA: U.S. Department of Health and Human Services; 2017.
Centers for Disease Control and Prevention, National Center for Health Statistics. Underlying Cause of Death 1999-2015 on CDC WONDER Online Database, released December, 2016. Data are from the Multiple Cause of Death Files, 1999-2015, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed at <http://wonder.cdc.gov/ucd-icd10.html> on April 4, 2017.
National Diabetes Prevention Program in the Panhandle data 2012-2017. Pounds lost equals 8,900.

Head Lice 101

What You Should Know About Head Lice

Overview

Head lice are a common community problem. An estimated 6 to 12 million infestations occur each year in the United States, most commonly among children ages 3 to 11 years old. Children attending preschool or elementary school, and those who live with them, are the most commonly affected.¹

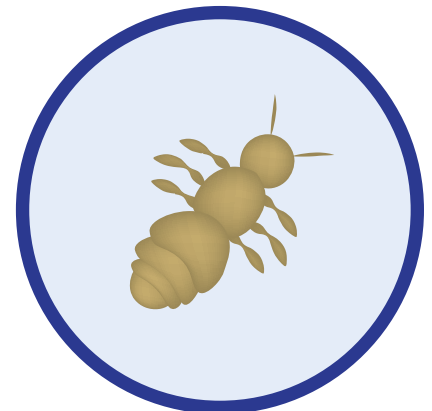
Head lice are not dangerous.¹ They do not transmit disease, but they do spread easily, making it a community issue.¹ Additionally, despite what you might have heard, head lice often infest people with good hygiene and grooming habits.^{2,3} Your family, friends or community may experience head lice. It's important to know some basics, including how to recognize symptoms and what to do if faced with an infestation.

What Are Head Lice?

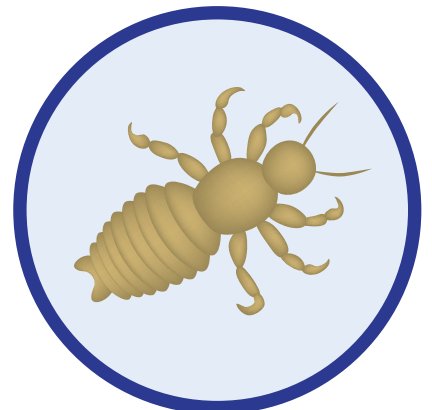
Head lice are tiny, wingless insects that live close to the human scalp. They feed on human blood.¹ An adult louse is the size of a sesame seed. Baby lice, or nymphs, are even smaller. Nits are the tiny, teardrop-shaped lice eggs. They attach to the hair shaft, often found around the nape of the neck or the ears. Nits can look similar to dandruff, but cannot be easily removed or brushed off.¹



NIT



Nymph



Full-Grown Louse

Fast Facts

- An estimated 6 to 12 million infestations occur each year among U.S. children 3 to 11 years of age¹
- Head lice often infest people with good hygiene^{2,3}
- Head lice move by crawling; they cannot jump or fly¹
- Head lice do not transmit disease, but they do spread easily¹
- If you or your child exhibits signs of an infestation, it is important to talk to your doctor to learn about treatment options

How Are Head Lice Spread?

- Head lice move by crawling and cannot jump or fly.¹
- Head lice are mostly spread by direct head-to-head contact – for example, during play at home or school, slumber parties, sports activities or camp.¹
- It is possible, but not common, to spread head lice by contact with items that have been in contact with a person with head lice, such as clothing, hats, scarves or coats, or other personal items, such as combs, brushes or towels.¹
- Head lice transmission can occur at home, school or in the community.¹

What Are the Signs & Symptoms of Infestation?

Signs and symptoms of infestation include¹:

- **Tickling** feeling on the scalp or in the hair
- **Itching** (caused by the bites of the louse)
- **Irritability** and difficulty sleeping (lice are more active in the dark)
- **Sores on the head** (caused by scratching, which can sometimes become infected)

Finding a live nymph or adult louse on the scalp or in the hair is an indication of an active infestation. They are most commonly found behind the ears and near the neckline at the back of the head.⁴

What If My Child Gets Head Lice?

If you suspect your child might have head lice, it's important to talk to a school nurse, pediatrician or family physician to get appropriate care. There are a number of available treatments, including new prescription treatment options that are safe and do not require nit combing. Other things to consider in selecting and starting treatment include:

- Follow treatment instructions. Using extra amounts or multiple applications of the same medication is not recommended, unless directed by healthcare professional.⁵
- Resistance to some over-the-counter head lice treatments has been reported. The prevalence of resistance is not known.^{6,7}
- There is no scientific evidence that home remedies are effective treatments.⁸
- Head lice do not infest the house. However, family bed linens and recently used clothes, hats and towels should be washed in very hot water.⁴
- Personal articles, such as combs, brushes and hair clips, should also be washed in hot soapy water or thrown away if they were exposed to the persons with active head lice infestation.⁴
- All household members and other close contacts should be checked, and those with evidence of an active infestation should also be treated at the same time.⁴

References

- 1 Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Frequently Asked Questions. http://www.cdc.gov/parasites/lice/head/gen_info/faqs.html. Accessed April 15, 2015.
- 2 Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head Lice: Diagnosis. <http://www.cdc.gov/parasites/lice/head/diagnosis.html>. Accessed April 15, 2015.
- 3 Meinking T, Taplin D, Vicaria M. Infestations. In: Schachner LA, Hansen RC, eds. *Pediatric Dermatology*, 4th ed. Mosby Elsevier; 2011:1525-1583.
- 4 Centers for Disease Control and Prevention (CDC). Parasites: Head lice: Epidemiology And Risk Factors. <http://www.cdc.gov/parasites/lice/head/epi.html>. Accessed April 15, 2015.
- 5 Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head lice: Treatment. <http://www.cdc.gov/parasites/lice/head/treatment.html>. Accessed April 15, 2015.
- 6 Burkhart CG. Relationship of treatment resistant head lice to the safety and efficacy of pediculicides. *Mayo Clin Proc*. 2004;79(5):661-666.
- 7 Meinking TL, Serrano L, Hard B, et al. Comparative in vitro pediculicidal efficacy of treatments in a resistant head lice population on the US. *Arch Dermatol*. 2002;138 (2):220-224.
- 8 Centers for Disease Control and Prevention (CDC). Parasites: Lice: Head lice: Treatment Frequently Asked Questions. http://www.cdc.gov/parasites/lice/head/gen_info/faqs_treat.html. Accessed April 15, 2015.

Myths & Facts About Head Lice

Myth: Only dirty people get head lice.

Fact: Personal hygiene or household or school cleanliness are not factors for infestation. In fact, head lice often infest people with good hygiene and grooming habits.^{2,3}

Myth: Head lice carry diseases.

Fact: Head Lice do not spread diseases.¹

Myth: Head lice can be spread by sharing hairbrushes, hats, clothes and other personal items.

Fact: It is uncommon to spread head lice by contact with clothing or other personal items, such as combs, brushes or hair accessories, that have been in contact with a person with head lice.¹

Myth: Head lice can jump or fly, and can live anywhere.

Fact: Head lice cannot jump or fly, and only move by crawling. It is unlikely to find head lice living on objects like helmets or hats because they have feet that are specifically designed to grasp on to the hair shaft of humans. Additionally, a louse can only live for a few hours off the head.¹

Myth: You can use home remedies like mayonnaise to get rid of head lice.

Fact: There is no scientific evidence that home remedies are effective treatments.⁸ A healthcare provider can discuss appropriate treatment options, including prescription products.

- 9 Parison J, Canyon DV. Head lice and the impact of knowledge, attitudes and practices – a social science overview. In: *Management and Control of Head Lice Infestations*. UNI-MED, Bremen, Germany, 2010:103-109.
- 10 Gordon SC. Shared vulnerability: a theory of caring for children with persistent head lice. *J Sch Nurs*. 2007;23(5):283-292.
- 11 Gordon S. Management of head lice in school settings. Presented at the Florida Association of School Nurses conference, Orlando, FL, February 7, 2009.
- 12 National Association of School Nurses. Pediculosis management in the school setting. Position statement. January 2011. <http://www.nasn.org/PolicyAdvocacy/PositionPapersandReports/NASNPositionStatementsFullView/tabid/462/ArticleId/40/Pediculosis-Management-in-the-School-Setting-Revised-2011>. Accessed April 15, 2015.
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HEMINGFORD COMMUNITY FOUNDATION

AN AFFILIATE FUND OF THE OREGON TRAIL COMMUNITY FOUNDATION



Mission: The Hemingford Community Foundation serves the residents of Hemingford and the surrounding area by identifying and supporting the people, organizations, and projects that make Hemingford a great place to live, learn, work, and play.

What we are working on currently:

- Branding and Awareness
- Logistical and Functional Aspects
- Grant and local funds to provide by 2019

The Hemingford Community Foundation provides a backbone structure to allow local not-for-profit organizations and initiatives access to grant funds through non-profit status.

People interested in creating a legacy for community betterment can donate to the foundation and will see their hard work and financial resources invested locally through tangible community projects.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has.”

- Margaret Mead



What current not-for-profit organizations stand to benefit:

- Hemingford Boosters
- Hemingford Alumni Association
- Bobcats Beating Cancer
- Hemingford Diorama
- The Body Shop
- Hemingford Annual Holiday Play

Do you know of other organizations that may benefit from this structure? Please have them contact us for more information.

Lori Dannar
dannars@bbc.net

Jessica Davies
jdavies@pphd.org

April Delsing,
aprildelsing@yahoo.com

Joni Jespersen
jj@bbc.net

Tonya Mayer
tonya@bbc.net

Tabi Prochazka
tprochazka@pphd.org

Hemingford Community Foundation | P O Box 283 | Hemingford, NE 69348

COMMUNICATION SOURCES

HEMINGFORD PUBLIC SCHOOLS

Our mission at Hemingford Public Schools is to cooperatively work with the community to provide our youth a safe and healthy learning environment for all students. Our school district and staff are committed to provide and promote opportunities for high academic achievement, capitalizing on student career interests and aptitudes, with a purpose to encourage student involvement and accomplishments in order to prepare accountable, responsible, self-disciplined, successful citizens in an ever-changing, global society.

Casper Ningen, Superintendent
Mr. Daniel Kluver, High School Principal
Mr. Eric Arneson, Elementary Principal
Mrs. Mandy Plog, Special Education Director

PO Box 217
911 Niobrara Avenue
Hemingford NE 69348

Phone: 308-487-3328 High School
Phone: 308-487-3330 Elementary
Phone: 308-487-5252 Distance Learning
Fax: 308-487-5215



In an effort to maintain all possible communication links, Hemingford Public Schools will offer numerous ways for parents, students, community members and all other interested citizens to stay abreast of happenings at the schools. Some ways to communicate are: Hemingford Public Schools Website

<http://www.hemingfordschools.org>

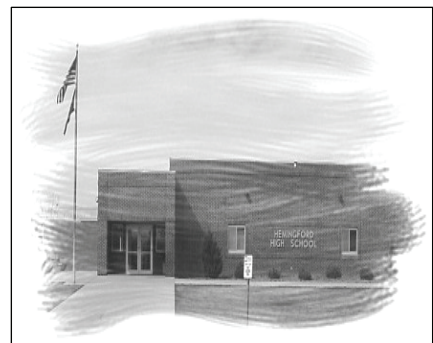
Hemingford Ledger - Important information is posted in the Briefs. Sports info and other needed school info can be found here as well.

Monthly newsletter - Mailed to every patron in the district each month. Also can be found on the webpage.

Notices sent home with students
Information sent home with reports cards.

Phone calls to students' homes when necessary.

PowerSchool for attendance, grades and other notes to students and parents found on the Hemingford Schools webpage.



INCLEMENT WEATHER

The Superintendent of schools is authorized by the Board of Education to close public schools in case of severe weather. The Superintendent's will notify local news media when inclement weather warrants such action. The **information is broadcast regularly by radio stations, (KCOW AM 1400, KQ 106 & 97.5 FM, KMOR 92.9 FM), our web site (www.hemingfordschools.org), and Mobius web site (www.bbc.net).**

SchoolWay

Notifications for inclement weather and other school news will be sent to parents by SchoolWay powered by Jostens. SchoolWay is a free app that is downloaded to a mobile device that will receive alerts sent out by the school. To get the app go to myschoolway.com. Enter the WayCode **rg464h**.

School notifications will also will be posted through the school Facebook, website and local radio stations. If you have any questions please contact school at 487-3330.

EQUAL OPPORTUNITY

Hemingford Public School District #10 will not discriminate on the basis of race, color, national origin, religion, sex, disability, or marital status in admission or access to, or treatment or employment in its programs and activities

Web-Email Lunch Account System

Access your current account information online-at www.hemingford schools.org and click the button on the right labeled "What's for Lunch".

Nutrition Nuggets

Food and Fitness for a Healthy Child

April 2018

Hemingford Public Schools



BEST BITES

Better sports snacks

Whether it's your turn to provide team snacks or your child is picking out his own post-practice snack, help him choose something nutritious. Browse the produce aisle for fresh fruit like oranges or grapes. Or look for a winning combination of protein and complex carbohydrates, such as string cheese with whole-wheat crackers.

Dance away

Hip-hop, tap, ballet... dancing strengthens muscles, improves flexibility, and gives your youngster's heart and lungs a workout. Put on music, and invite her to dance with you or with friends. Is there a style she especially enjoys? Consider signing her up for low-cost classes through your parks and recreation department.



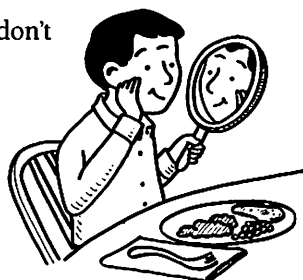
DID YOU KNOW?

Asparagus is in season, which means it's at its height of flavor and low point in price. To cook, break off the tough ends, and toss with olive oil, salt, and pepper. Roast on a baking sheet at 400° for 10 minutes, top with Parmesan cheese, and cook 5 minutes more.

Just for fun

Mom: Eat your spinach. It'll put color in your cheeks.

Jack: But I don't want green cheeks!



Earth Day food and fun

Every April 22, we celebrate Earth Day—a time to focus on the planet's health. Get your youngster involved, and encourage her to focus on her own health, too, with these eco-friendly activities.

Enjoy a waste-free meal

Can your family eat an entire meal without wasting any food? One idea is to cut food into smaller pieces before family members serve themselves. For example, set out platters of grilled chicken strips, baked potato halves, and apple slices. Encourage everyone to take only what they think they will eat.

Throw a leftovers "party"

With your youngster, look through your refrigerator, and make a list of leftovers or other items that need to be eaten soon. Then, she could use her list to create a menu for a meal of leftovers. For instance, she might suggest a casserole with leftover rice and veggies or banana



pudding made with overripe bananas for dessert.

Join a cleanup

Participate in a neighborhood or park cleanup, and enjoy a picnic afterward. Get trash bags and gloves for picking up litter. Let your child help you pack nutritious foods, such as turkey wraps and fruit salad, in reusable containers. After you've worked up a sweat cleaning up the trash, wash your hands, and eat together. ●

Easy-on-your-wallet protein

Protein is the building block of your child's bones and muscles. By choosing meatless protein more often, you'll save money and keep the choices healthy. Consider these ideas.

● **Eggs, cheese, and milk.** Combine these three protein-rich ingredients for a simple meatless dinner. You could make scrambled egg burritos, omelets, or even a quiche in a store-bought crust. *Note:* Try to use nonfat milk and low-fat cheese.

● **Beans and legumes.** Plant proteins like these are low in fat and cholesterol. Stretch your protein budget by mixing 1 can black beans (drained, rinsed) with 1 lb. lean ground beef or turkey for burgers or meatloaf. Or toss whole-grain noodles with peas or white beans instead of sausage. ●



Join the (fit) club!

Starting a neighborhood fitness club can motivate your youngster to stay active with friends. Here's how.

Organize. Let your child invite friends over for a planning meeting. Encourage them to start by coming up with a fun name for their club like "Kids on the Move" or "The Fit Crew."

Brainstorm. They could think up fun activities, such as playing softball or kickball in their backyards, hosting activity "classes" in their homes, or meeting at the neighborhood pool.



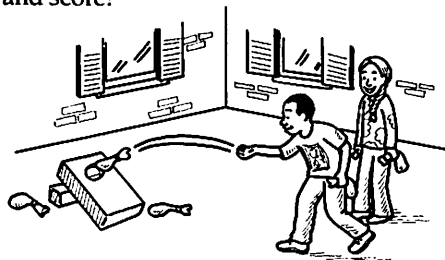
Plan. Suggest that they write a schedule that includes the time and place for each meeting, as well as who will lead the event. For instance, a member who has a badminton net might host a game. Or one who knows tai chi may teach a class in the basement.

Tip: Point out that they'll need parents' approval to host a meeting at home or for an activity that requires adult supervision, such as riding bikes or going to a playground. ●

ACTIVITY CORNER

Beanbag toss

Here's a backyard game that's almost as much fun to make as it is to play. Together, follow these simple steps to create your own beanbag-toss set, then aim, throw, and score!



Make it. Turn a large, shallow cardboard box upside down. Give your child a small round paper plate, and have him trace a circle about six inches from one edge of the box. Cut out the circle. Then, prop up the target end of the box on a phone book or a block of wood. Make six beanbags by filling old socks with dry beans and closing them securely with rubber bands.

Play it. Give each person three beanbags. Take turns tossing one beanbag at the board. A player earns three points if his bag goes through the hole and one point if it lands (and stays) on the board. The first to reach 21 points wins. ●



Q&A Making takeout more nutritious

Q: On busy days, buying takeout often seems like our only choice for dinner. How can I make it healthier?

A: Together, collect or print out menus from places that offer nutritious items. Then, help your child circle or highlight the healthiest choices. On a pizza menu, she might circle *thin crust* and toppings like *spinach* and *pineapple*. For a sub shop, she could highlight *whole-wheat bread*, *lean turkey*, and *lettuce*. That way, she'll see at a glance what to order when you're in a rush.



Better yet, plan ahead when possible so you won't need takeout. Have easy-to-cook items on hand like frozen vegetables, instant brown rice, or turkey meatballs. Or make a double batch of soup or a casserole on the weekend, and freeze half to defrost on a busy weeknight. ●

IN THE KITCHEN

Healthy homemade condiments

Store-bought condiments often come loaded with sugar and sodium. Try making these healthier versions with your child. (*Note:* Refrigerate each condiment in a jar for at least 2 hours before serving, and keep for up to 2 weeks.)

Duck sauce

Combine $\frac{3}{4}$ cup each no-sugar-added preserves (apricot or peach) and applesauce. Stir in $\frac{1}{2}$ cup rice vinegar, 2 minced garlic cloves, 1 tsp. low-sodium soy sauce, 2 tsp. minced ginger, and 1 tsp. chili powder. Serve with chicken or fish.



Honey mustard

In a small bowl, whisk together $\frac{1}{4}$ cup Dijon mustard, $\frac{1}{4}$ cup honey, and 1 tsp. lemon juice. Your youngster can dip in whole-wheat pretzel sticks or spread on a ham sandwich.

Ketchup

In a blender, combine 8 oz. tomato paste, $\frac{1}{4}$ cup apple cider vinegar, 1 cup water, and 2 tbsp. brown sugar. Add $\frac{1}{2}$ tsp. each garlic powder, onion powder, salt, and all-spice. Blend on high 2–3 minutes. Use on turkey burgers or with sweet potato fries. ●

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Nutrition Nuggets™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.
ISSN 1935-4630

Calendar Events April 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
1	2 No School - Spring/Easter Break	3 White Day State FFA Convention	4 Red Day State FFA Convention	5 V Track @ Mitchell Invite White Day State FFA Convention	6 Red Day State FFA Convention CSC Scholastic Contest	7 JH Track @ Chadron Invite
8 FCCLA State @ Lincoln	9 FCCLA State @ Lincoln White Day 7:00pm School Board Meeting	10 FCCLA State @ Lincoln Red Day 8:15am A C T National Test Date for Juniors/HS Gym	11 White Day 5:30pm Booster Club Meeting	12 Golf at Bridgeport Invite Red Day	13 White Day Selected Art Students/Trip to Denver Museum of Art 7:00pm F F A Oyster Feed / Labor Auction	14 WTC V Track @ Morrill
15	16 Red Day 5:30pm 4th Grade Famous Nebraskan Night	17 Golf at Morrill Invite White Day	18 Red Day	19 JH Track @ Kimball Invite White Day	20 V Track @ Chadron Twilight Red Day	21 Golf at Alliance Invite 6:00pm PROM
22	23 White Day 6:00pm NHS Induction in RedZone	24 V Track Best in the West @ Scottsbluff Red Day 4:30pm V Golf-Triangular @ Crawford w/Hay Springs	25 White Day 2:31pm Big Brother / Big Sister	26 Golf at Chadron Invite Red Day 5:00pm Family Bingo Night	27 PHC JH / V Track @ Morrill White Day	28 WTC Golf at Morrill Jr. VB Tournament @ Hemingford
29	30 Red Day 6:30pm FFA Meeting					

Calendar Events May 2018

Sun	Mon	Tue	Wed	Thur	Fri	Sat
		1 PHC Golf at Crawford JH Track @ Morrill Invite White Day 5:00pm Family Bingo Night (Make up day)	2 Red Day	3 HS Spring Concert White Day V Golf @ Kimball *new addition to schedule	4 V Track @ Bayard B-C-D Invite Red Day	5 WTC JH Track TBA
6	7 White Day	8 Elem Spring Concert Red Day	9 White Day 5:30pm Booster Club Meeting	10 Golf at Crawford Invite V Track Districts TBA Red Day	11 White Day 6:30pm FFA Banquet	12
13 2:00pm Graduation Day	14 District Golf TBA Red Day 7:00pm School Board Meeting	15 District Golf TBA White Day	16 Red Day	17 White Day	18 Last Day of School - Dismiss at 11:30 am End of Qrter 4 / Sem 2 V Track State in Omaha Red Day 11:30am Teacher Work Day	19 V Track State in Omaha
20	21	22 State Golf TBA	23 State Golf TBA	24	25	26
27 World Strides 2018	28 World Strides 2018	29 World Strides 2018	30 World Strides 2018	31 World Strides 2018		



Hemingford Public Schools Breakfast Menu

April

Milk is served with all meals. Alternative either hot or cold cereal offered every day.

Monday	Tuesday	Wednesday	Thursday	Friday
Easter Break 	3 Scrambled Eggs/Donut Holes or PBJ Fruit/Juice	4 Waffles N' Strawberries or Cereal Fruit/Juice	5 Breakfast Pizza or PBJ Fruit/Juice	6 Breakfast Burrito or Cereal Fruit/Juice
9 Biscuits and Gravy or Cereal Fruit/Juice	10 Omelet & Toast or PBJ Fruit/Juice	11 French Toast Sausage or Cereal Fruit/Juice	12 Breakfast Casserole Or PBJ Fruit/Juice	13 Breakfast Sandwich or Cereal Fruit/Juice
16 Pancakes Sausage or Cereal Fruit/Juice	17 Scrambled Eggs & Muffin Or PBJ Fruit/Juice	18 Waffles N' Strawberries Or Cereal Fruit/Juice	19 Breakfast Pizza Or PBJ Fruit/Juice	20 Breakfast Burrito Or Cereal Fruit/Juice
23 Biscuits and Gravy Or Cereal Fruit/Juice	24 Omelet & Toast Or PBJ Fruit/Juice	25 French Toast & Sausage Or Cereal Fruit/Juice	26 Breakfast Casserole Or PBJ Fruit/Juice	27 Breakfast Sandwich Or Cereal Fruit/Juice
30 Pancakes Sausage or Cereal Fruit/Juice				

Menus are subject to change

USDA is an equal opportunity provider & employer.

The Hemingford Public School provides lunches in accordance with the National School Lunch Program.

The cost of a breakfast is as follows: PreK-12 - \$1.55 Adult Breakfast - \$2.05

The cost of a lunch is as follows: PreK - \$2.05 K-6 Lunch - \$2.30 7-12 Lunch - \$2.60 Adult Lunch - \$3.75



Hemingford Public Schools Lunch Menu

April

Milk is served with all meals: Fruit/Salad/Vegetable Bar Offered Daily

Monday	Tuesday	Wednesday	Thursday	Friday
Easter Break 	3 Chicken Fried Steak Mashed Potato Gravy Dinner Roll	4 Crisпитos w/Cheese Refried Beans	5 Mandarin Orange Chicken Over Rice Egg Roll	6 Grilled Cheese Tomato Soup Ice Cream Sandwich
9 Ready Rib Sandwich Green Beans	10 Chicken Strips Cheesy Broccoli/Rice	11 Bobcat Taco Corn	12 Turkey Gravy over Mashed Potato Dinner Roll	13 Hamburger Baked Beans Chocolate No Bake Cookie
16 Smoked Turkey /Cheese Sub Sun Chips	17 Meat Loaf Cheesy Hash browns Dinner Roll	18 Spaghetti w Meat or Meatballs Green Beans Breadsticks	19 Ham with Scalloped Potato Dinner Roll	20 Shepard's Pie Dinner Roll Chocolate Pudding Cups
23 Hot Ham and Cheese Sandwich Coleslaw	24 Beef Burrito Carrots	25 Chicken Bowls Dinner Roll	26 Cheeseburger Tater Tot Casserole Dinner Roll	27 Chili Cheese Fries Carrots/Celery Banana Bars
30 Chicken Bacon Flatbread Broccoli				

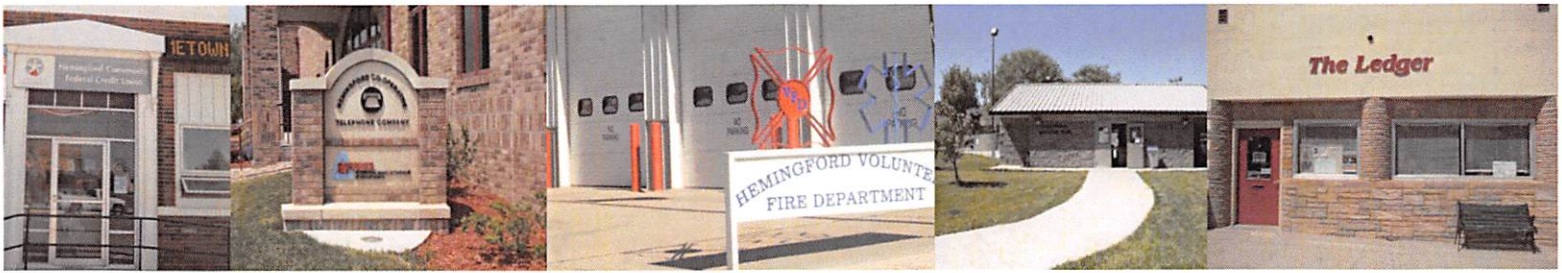
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CHATTER NEWSLETTER

HEMINGFORD CHAMBER OF COMMERCE. * P.O. Box 51 * Box Butte Ave. * Hemingford, NE 69348

Website: www.hemingfordchamberofcommerce.com * (308) 487-3300

2018 MARCH ISSUE

ROGER CHRISTIANSON TO TAKE OVER DIORAMA FOOD BOOTH

The Hemingford Chamber of Commerce is excited to announce a new coordinator of the Diorama Food Booth. Roger Christianson, Hemingford, has stepped up to spearhead the event, which is held during the Box Butte County Fair and is the one and only fundraiser for the Christmas Diorama.

Hemingford Chamber of Commerce Chairperson Kathy Gettert said, "the Chamber is excited that such a community-minded individual such as Christianson has stepped forward to take on the mission to continue the tradition of the Diorama Food Booth." Christianson takes the place of Lori Dannar, Hemingford, who spearheaded the Diorama Food Booth for the past 10 years.

Christianson thanks the Chamber of Commerce for giving him the chance to take over the Diorama Food Booth and said he is excited for the opportunity. As the owner of Hometown Heroes: Pizzas and Subs, Christianson said he has been looking for a way to have more of a face at the fair. "And I couldn't think of a better way of doing that and helping the community at the same time."

For Dannar, it's hard to step away from a project she's been incredibly involved with for a decade. "It becomes a part of your life and I did truly love doing it," she said. "We are blessed to have the booth continue to be open and the Diorama continue to have funds coming in," she said.

Gettert noted that historically, proceeds from the Diorama Food Booth have been the only source of revenue to maintain and repair

the Diorama displays over the years. "With the transition in leadership from Lori to Roger, funding for the Diorama's upkeep will continue to come from the Food Booth and we hope that fair-goers will continue to support it throughout fair week," Gettert said. "Roger will bring a mix of new offerings to the menu, as well as including some of the tried and true favorites that are sure to be crowd pleasers."



One of the new offerings Christianson plans to bring is fresh options. "Just because you are at the fair doesn't mean you need to eat heavy food," he said. A tradition that will return this year will be pie. However, there will be a twist or two on that crowd favorite. "I will also let you know there will be at least one night for just pizza," he said.

The Chamber thanks Dannar for her many years of dedicated service to the community organizing, upgrading and coordinating the successful continuation of the Diorama Food Booth and wish Christianson much success as he continues the tradition. "Thank you also for the strong support the community has given this entity over the years. Hemingford's Christmas Diorama is such a unique and beautiful icon of our community and we hope it will continue to be a focal point of Hemingford's Christmas season far into the future," Gettert said.

The Christmas Diorama has been a tradition in Hemingford for over 60 years. It started as a four-scene project in downtown Hemingford in 1955 and has grown to include 16 scenes which are displayed every Christmas on the west edge of Hemingford.

GROWING HEMINGFORD – ONE TREE AT A TIME

The Village of Hemingford will launch a new program for our park areas on April 27, 2018.

The Village would like to add 13 trees to the Park this year to add shade and start the process to replace the older, dying trees that will need to be replaced in time. A Tree sponsorship starts at just \$235.00 for a single tree. Each tree will be numbered and will have



a "leaf" with the donors' name and tree number added to the directory. A gift of trees, will memorialize a loved one, celebrate a milestone, in remembrance of a pet or honor someone simply because they love nature. A tree planted in someone's name or memory is a living tribute

that benefits present and future generations and is perhaps the most fitting memorial gift of all. For more information and to sponsor a tree, call the Village Office and speak to Melanie at 487-3465.





MEMORIAL DAY WEEKEND

Basketball and Volleyball Tournaments

Saturday, May 26 and Sunday, May 27
 Contact Taryn Wood at 308-629-7331

The Body Shop Fitness Classes

Contact Jessica Davies at
 308-760-6492

Community Potluck

Saturday, May 26 begins at 11:45 am
 Anyone is welcome to attend!
 Plates, silverware, and drinks are provided
 Contact Linda Petersen at 308-487-3849

School Tours

Sunday, May 27 from 1-3 pm
 Contact Jordan Haas at 308-487-3328

Hemingford Memorial Day Service

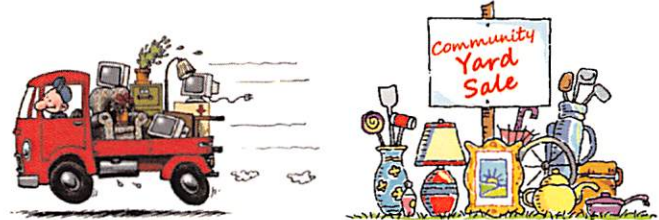
Monday, May 28 at 10:00 AM
 Contact the Hemingford American Legion at 308- 760-2621

Avenue of Flags

Monday, May 28
 Contact the Hemingford American Legion at 308-487-5356



SATURDAY – MAY 19th 7 AM – 3 PM
CITY-WIDE GARAGE SALE
JUNK JAUNT / FLEA MARKET – FAIRGROUNDS
 Contact Julie 308-487-3562 or lawrenceadventures@yahoo.com
PEGGY'S KITCHEN (Multipurpose Hall)
 Serving **BREAKFAST & LUNCH**



DATES TO REMEMBER

LOOK WHAT'S COMING TO
HEMINGFORD... "BAND ON THE BRICKS"
AUGUST 2018

Hemingford Swim Meet – Saturday, July 7th
"STANDING PROUD FOR AMERICA"
 Box Butte County Fair - August 6th – 12th
 Box Butte County Fair Parade – Saturday, August 11th
 A Day in The Park – Saturday, August 11th
 Harvest Moon Fall Festival – October 13th

HEMINGFORD CHAMBER OF COMMERCE MEMBERS

A & T ELECTRIC
 AJ's SPORTS BAR & GRILL
 APOLLO COURTS
 BANK OF THE WEST
 BATES GOULD FUNERAL HOME
 BLACK HILLS ENERGY
 BOX BUTTE AG SERVICES, INC.
 BOX BUTTE COUNTY FAIR
 BOX BUTTE DEVELOPMENT
 BRUCE FURNITURE
 BUCHHEIT PRECISION
 CHAMPION FARMS
 D & S HANSEN
 DAVE'S PHARMACY
 DON JESPERSEN
 DOROTHY RAY
 FARMERS CO-OP
 FLANNEL BROTHERS
 GREATER NE MEDICAL SERVICES
 GREGORY'S INSURANCE
 H & S PANELS

HAAS FARMS
 HEMINGFORD COMMUNITY CARE
 CENTER
 HEMINGFORD CO-OP TELEPHONE
 HEMINGFORD CREDIT UNION
 HEMINGFORD DENTAL CLINIC
 HEMINGFORD LEDGER
 HEMINGFORD SCHOOLS
 HEMINGFORD UTILITIES
 HOMETOWN HEROES PIZZA & SUBS
 HONSTEIN REPAIR
 JAY JOHNSON
 JOHN OLAFSON
 KCOW RADIO STATION
 NEBRASKA TOTAL OFFICE
 NEW IMAGE FAMILY SALON
 NU SKIN & CLICKS BY KIM
 PANHANDLE COOP
 PANHANDLE PUBLIC HEALTH
 PAT'S CREATIVE

PHILLIPS F & T
 RABEN'S MARKET
 RICK & PATTI WOBIG
 ROD'S BODY SHOP
 SERENITY AT HERITAGE ACRES
 SHAVER (DOUG & SUE)
 SORENSEN'S IRRIGATION
 TABLE TOP MEATS
 THE BEAUTY SHOP
 THE BODY SHOP
 THE COTTAGE
 THE GUEST HOUSE
 THREE LITTLE BIRDS HEALTH &
 HEALING HOUSE
 TREASURED GROUNDS
 TW HOME ENTERPRISES
 WESTCO CAR CARE
 WNCC COMMUNITY COLLEGE
 WOOD CONSTRUCTION

PRINTING DONATED BY THE HEMINGFORD CO-OP TELEPHONE COMPANY



HEMINGFORD POOL - SWIM LESSONS, JUNE 18-22 JULY 9-13
 Call Ammie Frost for details Pool Office 308-487-3428